

# FIT BEHAVIOR®

## Fit WORKOUTS

**HIIT** in-house workouts will supercharge metabolisms to burn fat as well as tone your muscles. No need for a special room or lots of equipment! A great addition for your staff to save time, burn calories, lose weight and get in shape!

- Fee: \$100 per class plus tax
- 8 -week series
- 1-hour classes

**Yoga/Pilates** can help relieve daily aches and pains, improve the immune system, build strength, increase flexibility, and improve mental health.

- Fee: \$125 plus tax
- 8 -week series
- 1-hour classes

**Fit Behavior Metabolic Trigger Home Workouts** give you everything you need to get super tone and fit! Workouts can be done at home, in the gym or away on vacation! Every day you will get an email consisting of a 15-25-minute workout you can do right in the comfort of your home!

- Fee: \$200 per month. Unlimited access to your company 1- 100 users – 3- month minimum.
- Videos sent daily by email to do at home. Videos include daily tips, recipes and lifestyle features to motivate and educate the viewer.